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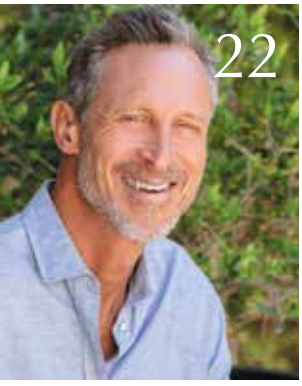

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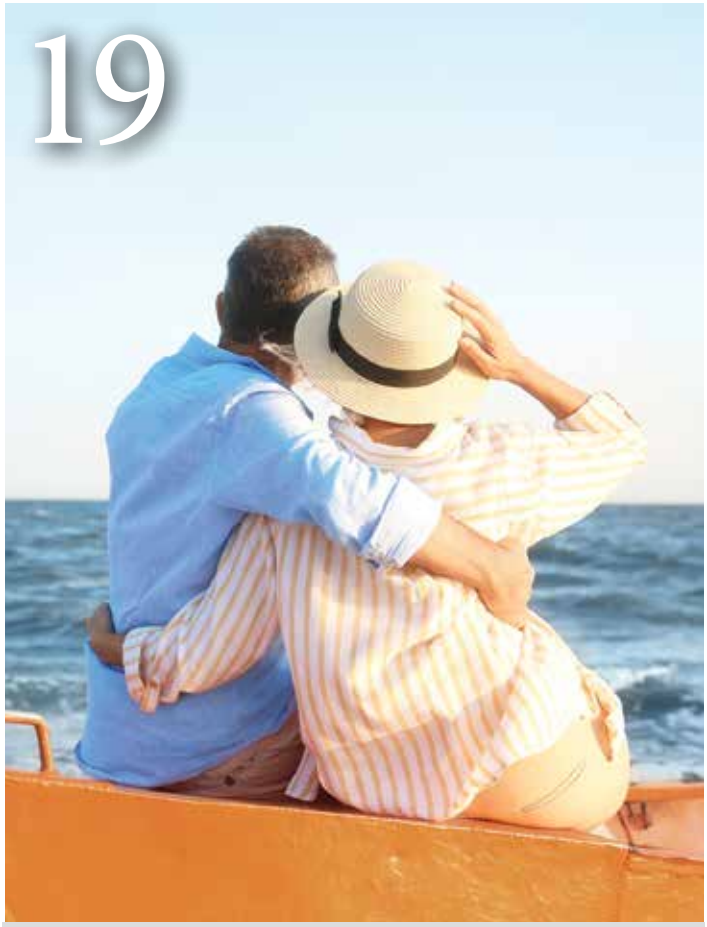
Natural Awakenings is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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Our Passion-Fueled Mission

Seventeen years ago this month, we published the inaugural issue of *Natural Awakenings* magazine, with the June 2006 Greater Ann Arbor edition hitting stands for the first time. In 2019, we assumed ownership of the Detroit, Wayne county edition, followed by the launch of Traverse City in 2021 and most recently, our newest Greater Lansing edition in January of this year. The excitement and momentum behind all of this progress remains quite a ride!

Since the beginning, it's been a passion-fueled mission with endless personal growth opportunities for both of us month after month. We've both learned so much and been blessed along the way by the connections we've made with many local experts gifted with insights on natural health, spirituality and sustainability.

As we celebrate our anniversary edition this month as well as Father's Day, we dedicate this issue to all husbands, sons, fathers, brothers and special men who have been fatherly figures for us along the way. Close to our heart is John's late father—Natural Awakenings Publishing Corp. visionary, co-founder and vice president John Voell, "J2". Our deep love and appreciation endures for his belief in this venture and in us. We feel his inspiring presence in our lives even to this day.

His adventurous enthusiasm helped Sharon Bruckman, the publishing corporation's founding CEO, spread *Natural Awakenings* magazines across the country through a franchised network of local publishers like us. Collectively, this nationwide community comprises a gathering movement of individuals embracing the magazine's healthy living, healthy planet tag line. It's clear that countless lives still benefit from J2's legacy through the magazine. How fortunate we are that his expansive life mission of helping others fulfill their own potential and dreams continues. We sure do love being a part of this.

Additional gratitude goes out to our advertisers, distributors and contributors for their loyal support that makes publishing this free monthly magazine possible. And we will never forget those special advertisers in our very first edition that shared our vision from the start—some of these pioneers are still with us. We hope you will also thank them all by shopping at their stores, using their services and seeking out their expertise.

Our appreciation extends to the entire *Natural Awakenings* team, several of whom have steadfastly accompanied us on this journey for many years. Their love, commitment and talents bring all the pieces together each month. And the franchise's new CEO, Kimberly Whittle, is uniting our magazine network with KnoWEwell, an online hub connecting readers and practitioners across the globe. This collaboration and continued expansion is exciting to see!

We'd especially like to thank you, dear reader, for picking up *Natural Awakenings* each month and joining other kindred spirits in our collective journey of relishing an awakened life and creating the kind of world we know is possible. One of the splendors of *Natural Awakenings*' readership is that you continue to lead our community toward reclaiming more natural, healthy, balanced and sustainable lifestyles. Each of us plays a valuable role as we encourage others to join in, and together we stand for positive change.

If time is a river, then we are certainly enjoying the flow as we celebrate bringing you this wonderful community resource. We truly appreciate being a part of an organization that shines its light on new possibilities for important issues—elevating humanity, ourselves and our Dear Mother Earth.

Onward to the exhilarating journey!

Trina & John

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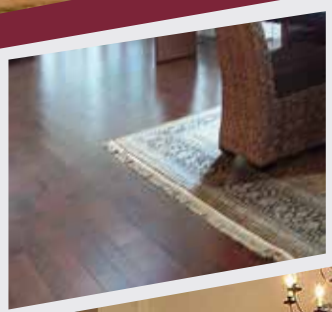
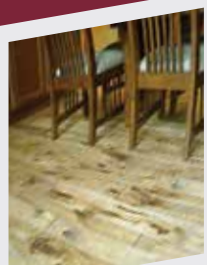

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news briefs

Thrive Gets Bigger and Better

Thrive Wellness Center, celebrating 10 years in business, has moved to 148 South Industrial Drive, in Saline, to better serve their patients. With a much larger space, they are able to offer even more services in a comfortable environment, including ionic footbaths for up to three people at a time, Avacen treatment in cozy recliners and infrared sauna.

Dr. Shannon Roznay, DC, and Emily Proctor, BExSc, are dedicated to helping people get to the bottom of their health concerns and back to leading healthier, happier lives using Activator Method chiropractic and Nutrition Response Testing Clinical Nutrition programs. They also carry many healthy products such as skin and body care, makeup, snacks, essential oils and more.

For more information, call 734-470-6766 or visit Thrive-Wellness-Center.com. See ad page 25.

Online Certification in Natural Medicine

Starting in July, the Concordia University School of Pharmacy will offer online certification to deliver helpful knowledge about the growing use of natural medicines for healthcare professionals. The course will be delivered in eight-week accelerated sessions.

This information allows students to more openly discuss the use of natural health products with their patients and confidently offer new treatment options. The course takes a deep dive into the discovery and history of natural medicines, along with the therapeutic benefits and risks. The natural products science program is led by an interdisciplinary team of scientists, researchers and pharmacists hoping to make a difference in this field.

For more info or to enroll, visit OnlineInfo.cuw.edu/natural-products-certificate. See ad on page 31.

Dr. Chi Fingernail and Tongue Analysis Clinics and Seminar

Dr. Chi (2nd from left)

Dr. Chi will be hosting a free seminar on Fingernail and Tongue Analysis from 6 to 8 p.m. September 12, at the Wycoff Wellness Center during his only visit to Michigan this year. Individual clinic appointments are available from 9 a.m. to 5 p.m., September 11 through 13 and 9 to 11 a.m., September 14.

Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. As the published author of two excellent books on the topic, Chi is clearly a person able to fully evaluate fingernail and tongue changes.

Appointments are $40. Location: 1226 Michigan Ave., East Lansing. To register, call 517-333-7270. For more information, call 800-471-0255.

Men's Wellness Series

Join *Natural Awakenings* and KnoWEwell for a life-changing series entitled The Healthy Man each Tuesday in June at 5 p.m. PDT/8 p.m. EDT.

TOPICS

- Lifestyle choices that add years to a man's life and life to his years
- Tips to maintain youthful energy, a desired weight and a healthy libido
- Strategies for optimal eye health
- Good posture techniques for peak human performance and pain-free aging
- Habits that create resilient kids and a lasting legacy

SPEAKERS

- **Ben Greenfield**, human performance consultant and author of 17 books including *Boundless Parenting*
- **Dr. Eric Plasker**, chiropractor and author of *The 100 Year Lifestyle*
- **Dr. Tracy Gapin**, board-certified urologist and author of *Male 2.0* and *Codes of Longevity*
- **Dr. Krista Burns**, chiropractor, founder of the American Posture Institute and author of *The Posture Principles*
- **Christopher Smith**, co-founder of Family Brand and the Campfire Effect, creating leaders at home and in business
- **Dr. Bryce Appelbaum**, board-certified optometrist and pioneer in neuro-optometry
- **Dr. Tarin Forbes**, board-certified integrative doctor specializing in anti-aging and metabolic medicine
- **Dr. Alan Christianson**, naturopathic endocrinologist specializing in thyroid disease and author of *The Metabolism Reset Diet* and *The Thyroid Reset Diet*

Admission is $59, which includes all Tues. evening sessions and a one-year membership to KnoWEwell. To learn more and register, scan the QR Code. See ad page 4.

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Cottage Food Law Permits Home Cooking to be Sold to Public

Paula Woods

The Michigan Cottage Food Industry makes it possible for people to make a business out of cooking at home. Chef Paula Woods, of Pau la Carte, not only prepares meals at clients' homes, she also makes healthy baked goods. A great place to find her is at the Downtown Plymouth Farmers Market on Saturdays from 8 a.m. to 12:30 p.m. through October.

A certified culinarian and personal chef, Woods is also recognized by the National Restaurant Association as a Serv-Safe and Allergen-Safe food handler. She has loved cooking for decades in childcare centers, sororities, nursing facilities and restaurants. At the market, Pau la Carte specializes in baked goods offering treats for people with food restrictions like gluten, sugar, dairy or eggs, as well as regular diets.

For more information, call 734-223-7956 or email, Paula Woods686@gmail.com. See ad page 36.

Sunday Artisan Market in Ann Arbor

Picture by Kristin Gearhart

The Sunday Artisan Market, in its 33rd year at the Farmers Market Pavilion, is open from 11 a.m. to 4 p.m. every Sunday from April through December 17. Parking is free on Sundays.

The vendors are artists and crafts people that imagine, envision, research, think and plan. Then they paint, draw, photograph, mold, glaze, cut, stitch, saw, nail, glaze, solder, burn, glue, pour, measure, cast, weave, carve, frame—whatever it takes to create their works of art. At the market, they like to talk to visitors and customers, explain their process and answer questions. The Artisan Market is a friendly place to buy locally made arts and crafts that are affordable and unique.

Location: 315 Detroit St., Ann Arbor. New vendors are welcome, no fee to apply. For more information, visit SundayArtisanMarket.org. See ad page 32.

Have News or Kudos to Share?
Text 734-757-7929 Today!

Sustainable Chelsea Plank Flooring

Chelsea Plank Flooring manufactures solid hardwood flooring from responsibly harvested timber. Owner David Frame says, "What some fail to understand is the hardwood forests are simply crops with an extended growing cycle. Manufactured from properly and ethically harvested timber, your Chelsea Plank Flooring becomes a carbon sink and properly maintained, your floor, and the carbon sink, can last for several hundred years."

Frame started the business in 1989 as a two-man logging operation. He explains, "As a small, family-owned business, we are able to pay attention to the small details that ensure our customers receive the highest quality hardwood flooring available. Simply speaking, new does not always equate to better. Sometimes it is the old ways that are better. For example, one of the special aspects of our company is that we work hard to develop and maintain a personal touch."

He advises, "Our hardwood flooring offers a beautiful and unique appearance that is hypoallergenic and environmentally friendly. And, as the general public begins to realize how unsustainable and environmentally unsound the current PVC and plywood flooring trends are, we expect demand for quality hardwood flooring to explode."

Chelsea Plank Flooring is located at 7490 W. Industrial Dr., in Chelsea. For more info, call 734-433-1023 or visit ChelseaPlank.com. See ad page 9.

A Lifeline for Seniors

At the Dexter Senior Center (DSC), Matter of Balance will begin on June 22. Seniors over 55 can benefit from meeting people with similar interests and learn new skills. The Meals on Wheels Program serves seniors that are homebound with nutritious meals and can receive emergency meals in the event of loss of power. They also provide frozen meals for the weekend.

In 2022, DSC volunteer drivers carried more than 12,000 meals to homebound seniors in the Greater Dexter Area. The benefit of joining DSC is the opportunity to be supported by a thriving community that is welcoming, inclusive and evolving.

Executive Director Gordon L. Smith III, MSF, explains that over the last five months, the DSC has undergone a major transformation and increased its membership by over 120 percent to more than 350.

Location: 7720 Ann Arbor St., Dexter. For more information, email Gordon.Smith@DexterSeniors.org or Angela.Johnson@Dexter Seniors .org or visit DexterSeniors.org. See ad page 15.

Rejuvenated Friends Center is Open to All

Almost 30 years ago, area Quakers opened the Michigan Friends Center to promote connection to the natural environment. Emerging from the pandemic, there has been a renewed awareness of their mission. Center Manager Carolyn Holland says, "Groups of fewer than 100 find a renewed sense of interrelation with each other, the natural world, spirit or purpose and even with themselves after time spent at the center."

Richard Tucker, president of the board, explains, "A unique aspect of the Michigan Friends Center is its membership in Friends Lake Community. Groups that engage the center for day use may enjoy the trails and lakefront along with members. As a nonprofit, the center is serious about sharing its mission of promoting peace, justice, sustainability, holistic health (including spiritual health) and community. While the Quaker roots have a lot to do with the formation of the center, we don't want to give the impression that it's a place for Quakers only, or that its activities are religious."

Holland notes, "The center is only 30 miles west of Ann Arbor and two miles north of Chelsea, yet feels a world away. It's nestled in the wooded 80 acres of Friends Lake Community, where walking trails and a wooded lakefront offer contemplation and unhurried conversation." The meeting room window walls flood the interior with natural light. Recent technological improvements allow for contact with those that can only be present virtually. Within the building, people are surrounded by the woods, light and each other. "It's an ideal setting for yoga, meditation, therapeutic work, small weddings, memorial services, retreats or celebrations and meetings of all kinds," she says.

The Michigan Friends Center is located at 7748 Clark Lake Rd., in Chelsea. For more information, call 734-475-1892, email Manager@mfcenter.org or visit mfcenter.org. *See ads page 34 and 37.*

Low Vitamin D Linked to Risk of Death

A new study published in *Annals of Internal Medicine* determined that vitamin D deficiency increases mortality risk. The findings were based on a survey of the vitamin D levels and genetic data of more than 300,000 people aged 37 to 73 that participated in the UK Biobank, a large-scale cohort study that began in 2006. Almost 19,000 deaths from all causes, as well as from specific causes such as cardiovascular disease, cancer and respiratory illnesses, were recorded through 2020.

Researchers discovered that the risk of death decreased steeply with increasing concentrations of vitamin D, until reaching 50 nanomoles per liter (nmol/L). The odds of death from all causes were estimated to increase by 25 percent for participants with vitamin D levels of 25 nmol/L, compared to those with 50 nmol/L.

Rise in Children With Autism

In March, the U.S. Centers for Disease Control and Prevention(CDC) released updated statistics on the rate of children diagnosed with autism spectrum disorder (ASD), which has been steadily on the rise. One in 36 children was diagnosed with autism by age 8 in 2020, or about 2.8 percent of children, up from one in 44 children in 2018, and one in 150 children in 2000 when the CDC first established the Autism and Developmental Disabilities Monitoring Network to track ASD prevalence in this country.

Autism was 3.8 times as prevalent among boys (4 percent) as girls (1 percent), and for the first time among 8-year-old children, the prevalence was slightly lower among white children than other racial and ethnic groups, which is a reversal of racial and ethnic differences observed in the past. The CDC partially attributes these patterns to improved screening, awareness and access to services.

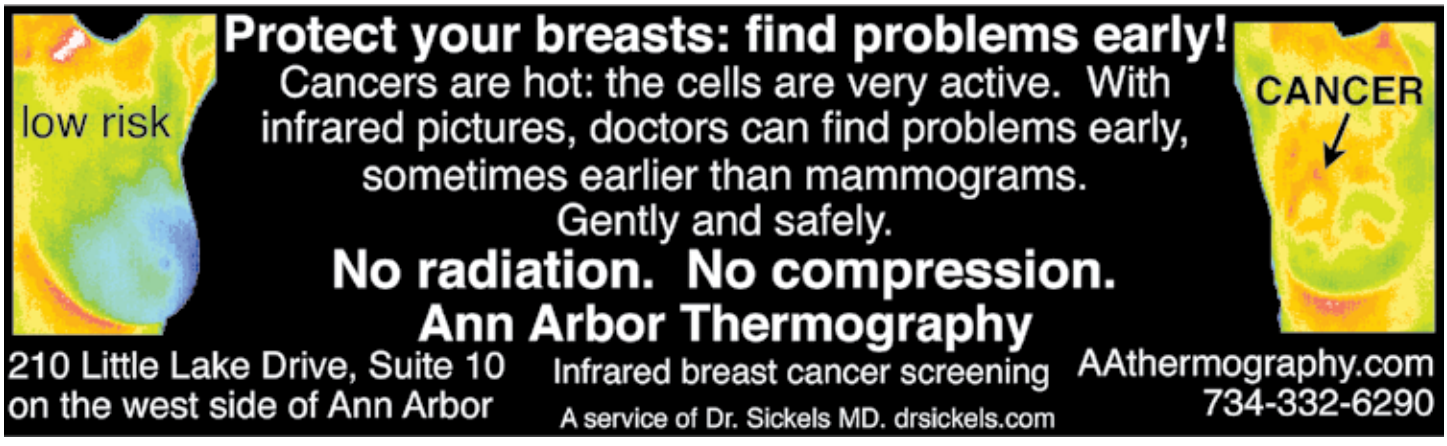
The report included communities in 11 states that participate in the CDC Autism and Developmental Disabilities Monitoring Network—Arizona, Arkansas, California, Georgia, Maryland, Minnesota, Missouri, New Jersey, Tennessee, Utah and Wisconsin. Children included in this report were born in 2012 and lived in surveillance areas during 2020. ASD prevalence varied from state to state, with Maryland having the lowest and California the highest observed rates.

Daily Intense Activity Prolongs Life

A new study in the journal *Nature Medicine* suggests that short bursts of intense movement are associated with a lower risk of premature death. The UK researchers analyzed data from about 25,000 non-exercisers with an average age of 62 that wore movement tracking devices on their wrists.

Vigorous intermittent lifestyle physical activity (VILPA) refers to short, sporadic bursts of exertion done as part of daily living, such as walking very fast while commuting to work or climbing stairs. The scientists found that compared to participants that engaged in no VILPA, those that did just one to two minutes of VILPA three to four times daily exhibited a 38 to 40 percent lower risk of death over the course of seven years. They also noted that just a few minutes of VILPA throughout the day reduced cardiovascular disease-related mortality by up to 49 percent.

Similar results were obtained when they analyzed vigorous physical activity in roughly 62,000 participants that exercised regularly. VILPA in non-exercisers appears to elicit similar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effects to vigorous physical activity in exercisers, suggesting that VILPA may be a suitable physical activity target, especially in people not able or willing to exercise on a regular basis.

Smartphones Make Poor Babysitters

Parents are busy people, often juggling multiple commitments. Add a toddler meltdown to the mix, and it is easy to understand why parents may reach for a tablet, smartphone or other screen to calm and occupy the child. A new study published in *JAMA Pediatrics* found that children pay a price for this strategy.

Researchers at the University of Michigan concluded that the frequent use of mobile devices to calm young children may displace their opportunities for learning emotion-regulation strategies over time. The cohort study involved a sample of English-speaking parents of typically developing children aged 3 to 5. The scientists gathered baseline data at the start of the study, as well as follow-up evidence after three months and six months.

The participating parents used a five-point scale to report how often they used mobile devices to calm upset children. At each follow-up, the child's executive functioning and emotional reactivity were assessed. The study found that the frequent use of mobile devices for calming young children was associated with increased emotional dysregulation, especially in boys, and included rapid shifts between sadness and excitement, greater impulsivity and sudden mood changes.

New Insights on Water Consumption Requirements

We have been conditioned to believe that eight glasses of water are required each day, but new research published in *Science* found that daily water needs vary based on numerous factors. Researchers studied 5,604 people aged 8 to 96 from 23 countries, measuring their water turnover—the amount of water lost and replaced each day. They found that for most healthy adults, drinking eight cups of water a day is unnecessary because water needs vary depending on age, sex, body size, physical activity level, athletic status, pregnancy, socioeconomic status and environmental characteristics such as latitude, altitude, air temperature and humidity. People that lived in less developed countries had higher water turnover than people from developed countries. While hydration should be prioritized, most people that pay attention to their bodies and drink when thirsty are likely drinking enough water.

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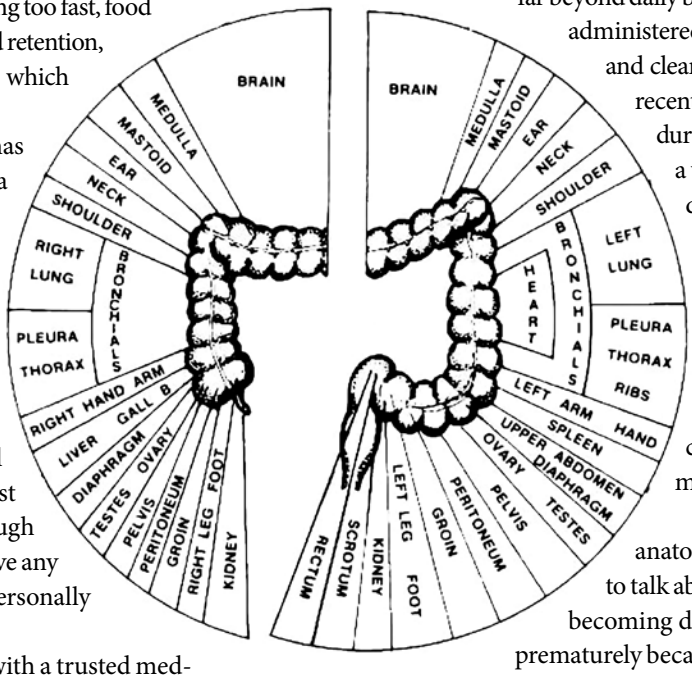
Colon Cleansing Fundamentals

Many people present persistent digestive issues such as bloating, gas, abdominal pain and constipation due to stomach infections, bacterial overgrowth, lack of fiber, gynecological disorders, overeating, eating too fast, food intolerances, certain medications, fluid retention, chronic disorders or processed food, which may be alleviated by colon cleansing.

Every part of the colon tissue has a specific function connected to a certain body part or system, so if a part of the colon is weak or filled with toxins, parasite overgrowth or unprocessed food, we may experience imbalances in these body parts or systems and vice versa. That is why colon cleansing and overall detoxification programs are helpful in the repair and restoration of not just the colon, but the entire body. Although there are no medical studies that prove any benefits to colonics, many people personally attest to their validity.



Clients should always consult with a trusted medical professional regarding other health problems before receiving treatment. Colonics may alleviate symptoms when medically indicated for issues such as irritable bowel syndrome, food sensitivities, skin rashes, constipation, mood swings, bloating and gas by relieving intestinal autointoxication.

Intestinal autointoxication occurs when foul material from the intestines, especially in the presence of constipation, reabsorbs back into the bloodstream via the microbiome, making the blood toxic. If the body's eliminatory organs such as the liver, kidneys, lymph, skin and lungs are not able to handle these blood poisons due to their own toxicity, stagnation and lack of energy, then they keep recycling, and autointoxication and disease may begin to occur. This is why colonics may be helpful to overall health, body, mind and spirit.

In the 14th century BCE, the Egyptians administered enemas to address health issues caused by colon impurity. Medical practitioners understood the need for the kind of deep colon cleaning that went far beyond daily bowel movements. Our own ancestors administered enemas using hollowed-out reeds and clear river water to flush the colon. More recently, our great-grandparents grew up during a time when enema use was part of a widely accepted wellness regimen for detoxification, vitality and immunity.

Modern colonic practices were developed in the early 20th century, and this health therapy has endured because it works. Modern science embraces this therapy as technology has improved the comfort of its application, earning mainstream media support.

Colonics involve a part of the anatomy that many of us are embarrassed to talk about, and as a result, we are needlessly becoming diseased, with some of us even dying prematurely because we do not connect wellness with keeping our colons thoroughly cleansed and healthy.

Nancy Gurney is the owner of Creative Lifeflow, located at 1817 W. Stadium, Ste. A, in Ann Arbor. For appointments and more information, call 734-674-0922 or visit CreativeLifeflow.com. See ad page 10.

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Good Waves founder and lead investigator RC worked as a nutrition consultant and educator for years prior to learning the negative effects of EMF firsthand. Becoming affected just after the rollout of smart meters and 4G and learning of many others suffering, it became clear to her that more needed to speak out. Now after years of advocating for safer tech, speaking at infrastructure hearings in Lansing and environmental forums around the state, many people began calling for her advice—from measuring RF radiation levels in homes to shielding against harmful EMF waves to relocating to a safer living space. Good Waves also has an electrical engineer on staff to address technical aspects of home wiring and shielding where needed. They keep it simple and strive to help all.

RC's journey of discovery began after becoming affected by wireless. To her, it was obvious even after long having had cell phones and being around Wi-Fi for years; she learned that the body does not always adapt to new frequencies well. This is referenced in books such as *The Invisible Rainbow* and *The Contagion Myth*. It is apparent more than ever now since long-distance 5G went live on most towers (nearly three years ago). The levels of radio-frequency (RF) waves continue to increase constantly around us and our pets; all will likely be affected at some point. RC cites evidence that most of the common autoimmune conditions we see now were not common prior to the late 90s, when cell phones and towers began to appear on the landscape.

Good Waves provides help to determine which forms of wireless would pose most risks to customers and solutions to minimize them and live their best life. They offer counseling and conduct searches to locate a safe home anywhere in the U.S. A basic home survey, which can be conducted anywhere in Michigan, will determine the level of exposure. By measuring the RF radiation levels, they can indicate the simplest solutions to make the home environment safer.

With RF levels increasing everyday from new cell towers, Wi-Fi everywhere and the Internet of Things and People Network being rolled out, everyone will be affected to a point, so it is necessary to be aware of what we are exposed to.

For more information visit EMFInvestigator.com. See ad on page 20.

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WHAT EVERY MAN WANTS

SEXUAL VITALITY AT EVERY AGE

by Carrie Jackson

For men, sexual health is a key, but often overlooked, component of overall wellness. A man in optimal physical shape is able to fully enjoy and participate in sexual activity with an active libido and the ability to sustain an erection. Poor sexual health can lead to depression, prostate cancer, erectile dysfunction and other troublesome symptoms and conditions.

Fortunately, male sexual function is better understood medically than ever before, and it is more common for men to talk with their doctors and other professionals about topics that seemed taboo not that long ago. New technology is making it easier to diagnose and treat common problems, and it is widely understood that physical, neurological, hormonal, interpersonal and mental factors all play into sexual wellness. By taking a proactive and holistic approach to their overall wellness, men can enjoy a robust sex drive and performance long into their later years.

Maintaining Libido and Energy

Eric Plasker, a licensed chiropractor and author of *The 100 Year Lifestyle*, attests that sexual health does not have to decline with age, and men can proactively counter that myth with mindful lifestyle choices. "If you're aging in a healthy manner, your libido does not have to decline. By taking part in activities you find fulfilling and nurturing your mind, body and spirit, your sexual energy can stay naturally high," Plasker explains.

He recommends that people take an energy inventory to assess which activities and lifestyle choices are serving them. "Make a list of all the things you do that help you gain energy and those that drain your energy. This includes the food you eat, hobbies, habits, even people you spend time with. Then see how you can turn the drainers into gainers. For example, if driving in traffic makes you angry, put on relaxing music and do deep breathing exercises to shift yourself into a more positive state.

These shifts will make you more energetic, stronger, more passionate and present with your partners, and you'll have more energy to be sexual and loving," he says.

Sexual health depends on a healthy nervous system, and maintaining a balanced flow of hormones and neurotransmitters is essential for proper neurological function. According to Plasker, disease, inactivity and inflammation—especially in the lumbar spine and sacroiliac joints—can cause a communication breakdown.

"Blockages in the nervous system flow can cause disruption to the sexual organs and lead to a compromised libido," he explains. "Chiropractic adjustments, combined with regular exercise, will help raise cortisol, reduce stress and open up these pathways in the body. I recommend that patients find an activity they enjoy, such as swimming or tennis, so it becomes an enjoyable part of their routine," Plasker says.

Optimizing Hormones

According to Tracy Gapin, a board-certified urologist in Sarasota, Florida, strong sexual health and desire is a window to overall health. He helps patients reach their sexual potential with a combination of science-based medicine and holistic practices. "The body is one connected system, and great sexual function is an indication that your body is optimized," he advises.

While testosterone is widely known to affect sex drive, Gapin looks at the interplay of a variety of other hormones, too. Hormone optimization, testosterone therapy and peptide therapy, which utilizes the body's own amino acids to increase hormone levels, are non-invasive outpatient tools that men can use to analyze and optimize their sex drive.

"The body produces over 50 hormones, which all contribute to regulating biological processes," he explains. "Low testosterone can lead to weight gain, anxiety, erectile dysfunction and other serious health issues, including diabetes, obesity, metabolic syndrome, osteoporosis and cardiovascular disease. Men want to optimize their thyroid and DHT [dihydrotestosterone] levels, both of which can lower the sex drive when compromised. Vitamin D helps regulate the gut, which controls the health of the entire body. Neurotransmitters, which help release feel-good endorphins such as serotonin and dopamine, are made in the gut and can affect depression, anxiety and other issues that lower libido."

Gapin stresses that it is more important to think about "optimal" levels of hormones instead of "normal" ranges and encourages patients to move beyond the basic blood tests to assess their health. "Besides sex drive, testosterone also affects cardiovascular health, muscle and bone strength, fat mass, cognitive health and even longevity, so it's important to be aware of your own levels," he says. "Every man is different, and the range in which you feel and perform your best is what's right for you. With medical advice constantly changing, it can be a challenge to keep track of all the recommended tests. DNA testing, epigenetic age assessments, advanced lipid panels, inflammation markers and thyroid testing can all give insight to how the body is functioning as a whole."

Treating Prostate Cancer

According to the American Cancer Society, one in eight men in the United States will be diagnosed with prostate cancer during their lifetime. It is, in fact, the most common cancer among American men. Prostate cancer is more likely to develop in older men and in non-Hispanic Black men. About six cases in 10 are diagnosed in men that are 65 or older, and it is rare in men under 40.

Gapin asserts that preventative and proactive lifestyle choices can drastically reduce the risk. "New, non-invasive MRI treatments are making it easier to detect and diagnose cancer earlier by highlighting suspicious areas in the prostate and targeting them for biopsy," he explains, adding that men diagnosed with prostate cancer have a number of treatment options.

"Traditionally, patients would have the prostate removed and undergo radiation. However, these procedures come with a list of disturbing side effects. A newer, FDA-approved treatment called high-intensity focused ultrasound (HIFU) is a non-invasive procedure that eradicates prostate cancer," Gapin notes. "HIFU is an outpatient procedure with excellent oncologic outcomes, minimal side effects and quick recovery times."

Incorporating Lifestyle Solutions

As an osteopathic doctor and integrative medicine practitioner at the Masley Optimal Health Center, in St. Petersburg, Florida, Tarin Forbes looks at the root causes of disease and dysfunction. She, too, considers sexual health an integral component of overall wellness and gives patients the tools to achieve their desired sexual potential. "While every person is different,

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optimal sexual health usually means that men wake up with a morning erection, desire intercourse on a daily basis and can reach an erection without stimulation or genital contact," she remarks.

Making mindful choices that prioritize nutrition will naturally improve sexual health. "Nourish yourself with a whole food, plant-based diet rich in nutrients, including nitrate-rich foods and foods rich in vitamin C and folate, which boost nitric oxide, the main compound that increases blood flow," Forbes says. "Beans, citrus fruits, beets, celery, cruciferous vegetables and leafy greens boost nitric oxide or its bioavailability to improve blood flow. While getting nutrition from food is ideal, supplements such as zinc, magnesium, vitamin D and boron can help regulate sex hormones. Avoid certain medications, including over-the-counter medicine such as NSAIDs [non-steroidal anti-inflammatory drugs] like Advil, acid blockers and even mouthwash, which blocks nitric oxide."

Forbes also recommends engaging in high-intensity exercises and weight resistance that help increase testosterone and blood flow to the penis. Reducing environmental toxins is another important step, she notes, as plastics, pesticides and other chemicals can rob men of their testosterone, which not only affects blood flow but also libido.

Forbes cautions that while erectile dysfunction drugs work in the short-term, they can produce unwanted consequences. "Viagra does work to help men achieve an erection by stimulating blood flow to the penis. However, it can cause troublesome side effects including headaches, vision problems and nasal congestion. Non-pharmaceutical alternatives can provide good results without undesirable repercussions. Low-intensity shock wave therapy, a non-invasive outpatient procedure, uses targeted sound waves to improve blood flow to the penis and can be done once or in a series of treatments. Platelet-rich plasma injections use the patient's own plasma to stimulate new tissue growth in the penis, which can lead to larger and more frequent erections," she explains.

Forbes says that by having an open dialogue with their medical professionals and exploring holistic treatments, men at any age can feel sexier and more energetic than ever. "Talk about your concerns with your doctor, who may offer referrals to other specialists until the issue is solved. A physical therapist can teach men to strengthen their pelvic floor with Kegels and other exercises. Sexual therapists help men work through mental and psychological issues, which can be as debilitating as physical ones. A psychologist can offer tools for managing depression and anxiety, both of which can contribute to sexual dysfunction, including low libido and performance anxiety," she says, noting that if a man does not feel comfortable talking with their doctor, it may be time to find a new one.

Many factors contribute to sexual health, and every man's needs and desires are different. By addressing physical, hormonal, neurological and mental wellness with a combination of conventional and holistic treatments, men can experience sexual performance and enjoyment at any age. "There's more awareness than ever before about sexual health, and men don't have to compromise this integral part of their overall wellness," says Forbes.

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings *magazine. Connect at CarrieJacksonWrites.com.*

Greener Grilling

The aroma of tasty treats sizzling on an outdoor grill evokes memories of laughter among family and friends, picnic tables brimming with colorful foods and the joy of running barefoot in the grass. This year, consider adding a few eco-friendly upgrades to America's favorite summer tradition.

Fuel Source Matters

The biggest environmental impact from outdoor grilling comes from the fuel source. Here is a handy comparison of the options.

- **Charcoal** briquettes are little chunks of carbon made by baking wood byproducts, sawdust and other additives. Charcoal burns inefficiently and produces caustic smoke before and after the useful temperature for cooking. To reduce the carbon footprint, consider sustainably sourced bamboo or coconut shells to flame up the barbie.

- **Gas** grills burn fossil fuels like propane or natural gas. On the other hand, they produce fewer carbon emissions than charcoal, heat more quickly and can be turned off immediately.

- **Electric** grills may seem more eco-friendly for backyard cookouts, but most electricity is derived from fossil fuels. If the home runs on renewable energy, electric wins. Otherwise, gas grills have a smaller carbon footprint.

- **Infrared** is the latest in barbecue technology. These pricey outdoor grills can reach high temperatures quickly, use less fuel and cook foods evenly. Because they use electric or gas heating elements that radiate infrared waves to the food, they generally run for less time than other grills. One drawback is that their high temperatures can easily overcook or burn foods, especially ingredients that don't need high temperatures, like fish, vegetables and other seafood.

Cleaning Is Paramount

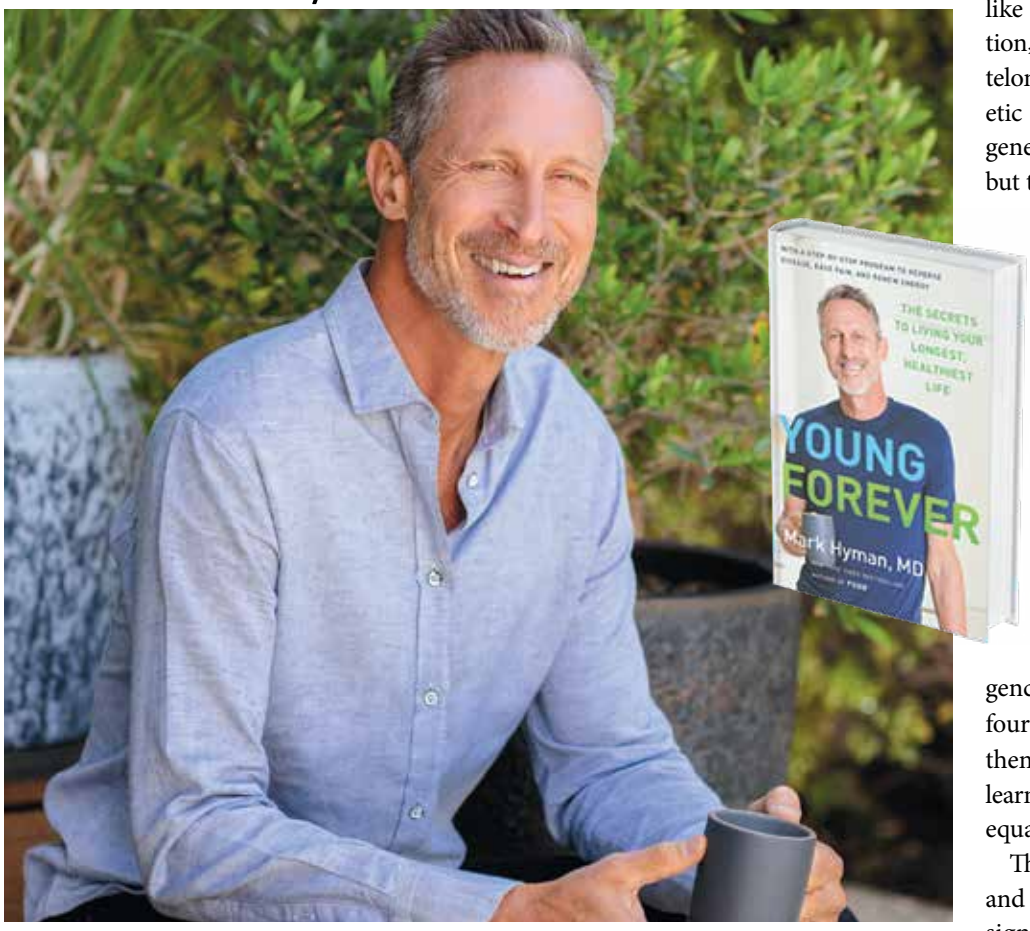
Regardless of the fuel source, it is important to keep the grill free of grease and food particles to prevent more smoke. When the grill is still warm, clean the grates with a wire brush. If grates are already cool, scrub with baking soda and water.

Caramelized Fruits and Vegetables

Burgers and ribs may be synonymous with traditional cookouts, but the modern barbecue menu isn't all about meat. Recipes abound for grilled veggies and fruits that lend a delicious smoky and caramelized flavor to these nutritious foods. Embrace the appeal of slightly charred corn on the cob, browned portobello mushrooms and grill-marked pineapple. If meat-free burgers won't please the crowd, look for certified organic, grass-fed and locally raised meats.

Dr. Mark Hyman on Living Healthy to 100 and Beyond

by Sandra Yeyati



Mark Hyman is a practicing family physician and an internationally recognized leader, bestselling author, speaker, educator and advocate in the field of functional medicine. He is the founder and director of The UltraWellness Center, founder and senior advisor for the Cleveland Clinic Center for Functional Medicine and board president for clinical affairs for The Institute for Functional Medicine. He is also the founder and chairman of the Food Fix Campaign, dedicated to transforming our food and agriculture system through policy change, and hosts The Doctor's Farmacy, a podcast with more than 150 million downloads. Hyman is a regular contributor to *CBS This Morning, Today, Good Morning America, The View, Fox* and *CNN*. His latest book, *Young Forever: The Secrets to Living Your Longest, Healthiest Life,* champions the latest science on healthy aging.

How is the emerging science on longevity changing the way we view aging?

Many things we've come to accept as a normal part of getting older are not. Decrepitude, frailty, disease, diabetes, cancers, dementia—these are optional. We can't change chronological aging, but we can slow and reverse biological aging by influencing the hallmarks of aging, which are these underlying processes that go awry as we get older.

What are the hallmarks of aging?

In my book I wrote about 10 hallmarks of aging, which are all part of one ecosystem of problems. They're not separate; they influence each other; and they're dynamic. It's things like inflammation, mitochondrial dysfunction, DNA damage, zombie cells, shortened telomeres, microbiome changes and epigenetic changes, which are changes in how our genes are expressed. They're all important, but the most important hallmark of aging is called deregulated nutrient sensing, which means how our body interacts with food and how that influences us for good or bad. Problems with nutrient sensing affect almost all the other hallmarks and make them worse.

How can we address deregulated nutrient sensing?

We have built-in longevity pathways and over 3,000 survival genes, and we can activate this innate healing intelligence at any time. A major way to influence four of these pathways is through food. I call them longevity switches, which we need to learn how to regulate to make our health span equal our lifespan.

The first one is activated by too much sugar and starch, which drives too much insulin signaling, causing diabetes, pre-diabetes, cancer, dementia, heart disease or obesity. When insulin is over-expressed, it causes weight gain, fat storage, inflammation and lots of other problems.

The next one is mTOR [mammalian target of rapamycin], a pathway that makes new proteins and builds muscle, but gets overstimulated because of our constant eating and snacking and eating before bed. mTOR needs to be inhibited periodically by intermittent fasting or time-restricted eating to allow autophagy to happen, which is like a recycling and repair crew that comes in at night and cleans up all the damaged proteins.

The other two pathways, sirtuins and

AMPK [adenosine monophosphate-activated protein kinase], sense a lack of nutrients and switch on survival pathways. If we're constantly eating sugar and starch, then AMPK and sirtuins are overstimulated, and they're not given a break to activate these pathways.

What is the role of exercise in longevity?

If it were a pill, exercise would basically fix everything. It's probably the most potent intervention there is, other than calorie restriction or fasting, and it works on many of the longevity pathways. The most important type of exercise is resistance training as you get older, because you need to build muscle. Without muscle, you become frail and dysfunctional.

Exercise influences our DNA stability; lengthens telomeres; preserves the genome; affects the proteins; regulates mTOR, AMPK and sirtuins; preserves mitochondrial function; prevents zombie cells; helps with stem cells; reduces inflammation, cardiovascular risk and diabetes; and it's also really important for becoming insulin sensitive.

What is hormesis and how can it help with healthy aging?

Hormesis is the idea that what doesn't kill you makes you stronger. The concept is not new. We know that exercise, for example, is a stress on the body, but it actually makes you rebound stronger. When you lift weights or you run, it's a stress, but you're getting thinner and stronger. There are other forms of hormesis that activate longevity pathways. Hot sauna therapy reduces your risk of cardiovascular mortality by 50 percent. Cold immersion therapy has many benefits, like increasing dopamine, activating brown fat and regulating metabolism. Fasting is a kind of hormesis, and longer fasts—for a day, three days, a week—are very powerful.

What role does finding community have in this quest for longevity?

The science is pretty clear that the body has innate systems that can be regulated by our thoughts. We now understand the mechanisms by which our social relationships and connections can influence our gene expression and everything from inflammation to insulin resistance to everything else, so building connection with others and building relationships and community is very important.

What longevity strategies do you implement on a typical day?

A lot of this is just habit development and routine. This morning I worked out with my resistance bands for half an hour, took a steam shower and an ice bath, then had a longevity shake with goat whey, creatine, urolithin A and adaptogenic mushrooms. Then I took a walking meeting for an hour-and-a-half outside while I was on a call. Tonight, I plan to spend time with friends. I eat pretty simply most of the time. Last night, I had lamb chops, sweet potatoes, shiitake mushrooms, artichokes (which are a great prebiotic food) and some broccoli with lemon, garlic and olive oil. I take my supplements as well. So it's very simple, very easy.

Sandra Yeyati is the national editor of Natural Awakenings.

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Converting Food to Energy

LEARNING HOW METABOLISM WORKS

by Linda Sechrist

"The inflammatory agents in much of the food consumed in the Standard American Diet—high-glycemic refined carbohydrates, high-fructose corn syrup and other sugars, and hydrogenated and partially hydrogenated fats—are the biggest offenders of metabolic health."

Metabolism is the process by which the foods and drinks we consume are converted into energy. We may not notice the cellular mechanisms that transform fat and glucose into the oomph in our step, but when they start to wane, we definitely know something is wrong. We may feel lethargic and weak, our brains may get foggy or we may start putting on weight around the belly, with blood pressure, blood glucose and triglyceride levels on the rise. In most cases, modifying our diet is the most powerful way to regain vitality and get those biomarkers back on track.

"Metabolic imbalance occurs when the body stores fat but can't access it or burn it as efficiently," says Alan Christianson, a naturopathic physician and author of *The Metabolism Reset Diet: Repair Your Liver, Stop Storing Fat and Lose Weight Naturally.* "In one year, our bodies manage about 1 million calories in and out. We never get exactly what we need on any day, so we must be able to store and release energy in a healthy fashion. However, people get better at storing and poorer at releasing. This is a big part of gradual weight gain and accompanying fatigue."

Christianson describes good metabolic health as having steady energy levels and maintaining a good body weight. "When there's too little energy available and the body can't make energy that well, I see symptoms of metabolic imbalance as mental fatigue

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and poor memory, less muscular endurance, less recovery from exercise, weight gain and resistance to weight loss," he explains. "If not addressed, metabolic imbalance can develop into obesity, cardiovascular disease, chronic kidney disease, insulin resistance, diabetes and non-alcoholic fatty liver disease."

According to Christianson, certain lifestyle choices can throw our metabolism out of balance, including the overconsumption of carbohydrates, processed foods and caffeine; frequent snacking and late-night meals; and poor sleep routines. Too much stress creates a hormonal cascade that promotes storing fat instead of using it.

James Forleo, a doctor of chiropractic and author of *Health Is Simple, Disease Is Complicated,* recommends the elimination of certain foods that wreak havoc on our metabolism: "The inflammatory agents in much of the food consumed in the Standard American Diet—high-glycemic refined carbohydrates, high-fructose corn syrup and other sugars, and hydrogenated and partially hydrogenated fats—are the biggest offenders of metabolic health."

Correcting Liver Function

"The key mechanism to correct and maintain metabolic health is helping the liver to function well. Once corrected, it is not difficult to maintain metabolic health if people eat reasonably healthy," Christianson advises. "The liver is the main site for storing the body's fuel. It does this in the forms of glycogen and triglycerides. When things go wrong, there's too much of one relative to the other. We need some glycogen, which comes from carbohydrates, to burn triglycerides—kind of like how you need kindling to burn a log. The problem is triglyceride buildup in the liver."

Fixing the liver is the central focus of Christianson's 28-day metabolism reset. "To correct a fatty liver, you need adequate protein and adequate nutrients, but a low enough amount of total carbohydrates and healthy fats," he says. "You also need adequate levels of glucose, a simple carbohydrate that we get from the food we eat. My metabolism reset guides you in eating less refined and processed foods, and more real, nutritious food; pairing carbohydrates with protein; exercising; managing stress levels; and avoiding sugar."

Personalized Diet Plan and Nutritional Coaching

Metabolic Balance, a German-based company with certified nutrition coaches around the globe, helps people optimize their health with personalized diet plans and follow-up coaching sessions. "The program was created by Dr. Wolf Funfack, a specialist in internal and nutritional medicine, whose research revealed that every human body can produce all the hormones and enzymes it needs for healthy metabolism. We need to give it the necessary nutrients with the right food, which is precisely what Metabolic Balance does," says Sylvia Egel, CEO and director of coaching and education.

"Based on an individual's personal medical history and blood levels, we determine what substances the body lacks to produce all the enzymes and hormones necessary for their bodily functions," she explains. "The personal roadmap recommends the right combination of foods to keep the various bodily functions in balance. The foods aren't based on their caloric content, but rather on their essential components such as vitamins, minerals and trace elements, and the relationship between carbohydrates, fats and proteins."

According to a 2010 study published in the *Journal of Nutrition and Metabolism*, participation in the Metabolic Balance program led to long-term health improvements due to a high degree of adherence by the participants. According to the researchers, "The emphasis of any dietary program should be set on both the aspect of nutrition as well as the aspect of motivation."

Linda Sechrist has been a contributing writer to Natural Awakenings *publications for 20 years.*

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NEM LUI HUE (LEMONGRASS SKEWERS WITH PORK OR CHICKEN)

YIELD: 2 SERVINGS

1 lb ground pork or chicken
1 Tbsp finely minced garlic
1 Tbsp finely minced shallot
½ tsp freshly ground black pepper
12-15 stalks of lemongrass
Salt to taste

Combine all ingredients, except the lemongrass stalks, in a bowl and mix with hands or a fork. Cover and place the mixture in the refrigerator for at least 1 hour (or overnight), allowing the flavors to develop.

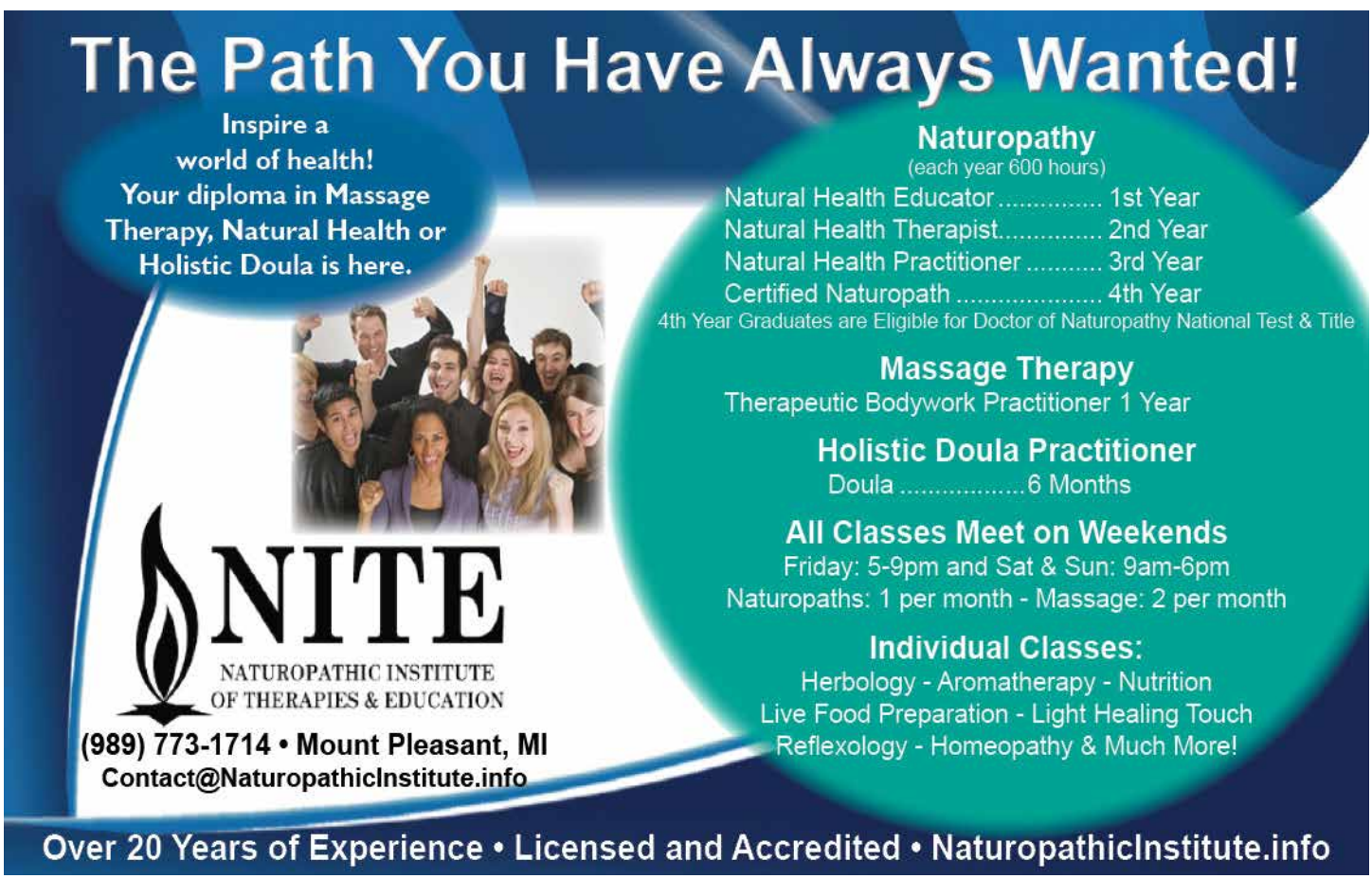
Peel the outer layer of the lemongrass stalks. Rinse in water and dry. Take one handful of the ground mixture and wrap it around the end of a lemongrass stalk, gently pressing and molding the meat around the stalk. Repeat with the remaining meat and place on a baking sheet. Grill skewers over coals or on a gas grill for about 6 to 10 minutes until cooked through. Make sure to rub the grill with a paper towel soaked in vegetable oil to ensure the skewers don't stick to the grate.

CHICKEN CURRY

YIELD: 1 SERVING

1 cup vegetables (mushrooms, leeks, onion or cauliflower), chopped
1 chicken breast, diced
1 tsp turmeric
1 tsp mild or medium curry powder
1 tsp garam masala
½ tsp ground cumin
½ tsp ground ginger
1 garlic clove
Vegetable stock

If using cauliflower, parboil the florets and keep the water they were boiled in. Heat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Serve with some toasted rye bread to soak up the juices.

Recipes and photos courtesy of Metabolic Balance.

the spices in a dry pan until fragrant. Add garlic and vegetables and coat with spices. Add some oil and pour in some vegetable stock (or the cauliflower water) to deglaze the pan. Cook covered for a few minutes until spices and liquid are well combined and the vegetables are coated evenly. Add the diced chicken. Simmer until the chicken is cooked, stirring regularly. Add more vegetable stock or water for a thinner sauce.

ARUGULA SALAD WITH MANGO DRESSING

YIELD: 1 SERVING

1½ cup arugula
¼ cup olives, pitted
1 Tbsp chopped shallots
1 mango
Balsamic vinegar
Salt and pepper to taste

Peel the mango, remove the flesh from the core and cut into small cubes. Purée the olives with balsamic vinegar, salt and pepper. Purée some of the mango cubes with the dressing and set aside the remainder. Add the shallots to the dressing. Wash, clean and dry the arugula. Mix in the dressing and sprinkle the remaining mango cubes on top. Pair this salad with any protein, such as a fish filet.

Straighten Up and Feel Right

TIPS FOR GOOD POSTURE AND A HEALTHY SPINE

by Cristina Parker, PT, DPT

Standing up straight is not just something our parents remind us to do, it also happens to be good for our health. Posture describes the position of the body in space, but the realities of how we stand and move in day-to-day life are much more complex. Healthy postures encourage proper alignment of body structures, while unhealthy postures can lead to a host of issues, including muscle and joint pain, balance impairment and decreased mobility. Awareness of the body's proper static and dynamic position is essential to maintaining a healthy spine.

The Spine and Its Role in Posture

The body's main support system is the spine, which consists of three sections. The cervical spine supports the weight of the head and connects it to the shoulders, enabling us to turn our heads from side to side as well as up and down. The thoracic spine stabilizes the rib cage, which protects the vital organs. The lumbar spine consists of thicker, more robust vertebrae, as they are the main load bearers and enable us to rotate our bodies and bend forward and to the side.

Muscle tightness or joint immobility can shift the spine out of its ideal positioning, causing postural dysfunction. A recent study published in the journal *Physical Therapy Rehabilitation Science*

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estimates that 66 percent of the population is living with forward head posture (FHP), a cervical spine dysfunction that occurs when the head moves forward in front of the body. FHP can lead to headaches, migraines and jaw pain. Thoracic kyphosis, a rounded upper back, reportedly impacts 20 to 50 percent of the population and impairs numerous functions, including digestion and breathing. The lumbar spine is at particularly high risk for joint disease as both lumbar muscle strength and pelvic mobility decrease in sedentary individuals. Low back and pelvic immobility are contributing factors for the estimated 103 million individuals worldwide that live with lumbar spinal stenosis, a narrowing of the spinal canal that may cause pain or numbness in the legs.

Three-Step Process to Take Control of Our Posture

STEP ONE: IDENTIFICATION

In her book *Rethink Your Position,* biomechanist Katy Bowman recommends that we pay attention to a few common signals the body sends out to alert us to an imbalanced weight distribution, including aches in the feet or low back and tension of the shoulders or neck. "Good alignment isn't about any one fixed position, but a healthy range of positions," she says. "By focusing less on memorizing postures and more on learning about load on parts of the body, you can optimize your positioning for many different activities."

Bowman recommends a quick and easy way to self-assess if a postural imbalance is present and, if so, to identify where the imbalance begins: "The body's joints stack in a vertical line. You can use a plumb line to indicate where your parts are supposed to be. If you take a string with a weight at the end and drop it down from your shoulder, it should line up with the hip, knee and ankle on the way down."

STEP TWO: CORRECTION

Dr. Krista Burns, co-author of *The Posture Principles* and founder of the American Posture Institute, recommends a two-minute exercise routine, performed while standing against a wall, that addresses each segment of the spine. Repeat each exercise five times.

1. **Neck retraction**: Push the head forward away from the wall as far as possible, then pull it back so the base of the skull contacts the wall. Keep the eyes parallel to the horizon, rather than looking up toward the sky.

2. **Posture angel**: Stand with the back against the wall, elbows bent and tucked in close to the waist. Keeping the back of the hands against the wall, reach up as far as possible then slowly lower back to starting position. This movement, which is like making a snow angel while standing, should be felt between the shoulder blades when performed correctly.

3. **Pelvic tilt**: Arch the back so there is a small space between the wall and the lower spine, then tuck in the tail, flattening the spine against the wall and closing that space. This exercise helps initiate movement into the lower joints.

STEP THREE: MAINTENANCE

The key to maintaining a healthy posture is frequent movement, which can include an hourly stretch break or a bi-hourly range-of-motion routine to move muscles and joints throughout the day. To make postural exercises a habit, physical therapist and integrative health coach Margie Bissinger recommends pairing an exercise routine with something that is already done multiple times a day–for example, mealtime. "People are busy, so it is hard to always dedicate that mental space to awareness of their head or back position," she states. "When they pair it with something they're routinely doing, it becomes a habit, and that is when the mental load of the task starts to go away."

Cristina Parker holds a doctorate in physical therapy. She is a researcher, health content writer, educator and clinician specializing in neurologic disorders, limb-loss rehabilitation and adaptive sports techniques.

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Leaps and Bounds

KEEPING CANINE JUMPERS INJURY-FREE

by Karen Shaw Becker, DVM

Aim for 40 minutes of rigorous walking or running every day.

Dogs are natural athletes that leap on and off things multiple times a day, usually without incident. That's why many people don't realize that, like humans, dogs can sustain injuries, including soft tissue trauma, such as cuts and bruises; back injuries or slipped vertebral discs; sprains; and broken legs.

Preventing Mishaps in a Jumper

Most active dogs that frolic outdoors will get the occasional scrape, cut or bruise. These common (usually minor) injuries can be prevented by ensuring that the areas they frequent are safe, contained and hazard-free. Broken legs, on the other hand, are more

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serious and typically do not result from normal, or even vigorous, high-intensity exercise. Bone fractures are generally caused by a sudden impact or great force to the body, such as being hit by a car or falling a long distance. They are most often seen in older pets and excitable risk-takers. The best way to prevent a dog from breaking a leg is to make sure it is under control at all times, especially outdoors.

Getting Dogs in Shape to Avoid Injuries

Back injuries, slipped discs and sprains, including canine cruciate ligament injuries, often occur in poorly conditioned dogs. For example, if a pup has been indoors most of the winter, its muscles have lost tone and atrophied. This also applies to "weekend warriors" that exercise and play at high intensity with their owners only on Saturdays and Sundays.

Studies show that well-conditioned muscles can begin to lose their tone and strength in a matter of days. This can set the stage for an injury if the activity level suddenly jumps significantly, so start by gradually improving a dog's fitness level. The minimum amount of exercise needed to maintain muscle tone is 20 minutes three times weekly, and as pets age, this amount increases. Aim for 40 minutes of rigorous walking or running every day.

Consistency is essential for a dog's muscles and ligaments to stay strong and resilient. This will keep the dog fit and better able to avoid strains, sprains and other injuries. Warming up before exercise is very important. Walk and encourage the dog to stretch its limbs before engaging in more intense exercise, especially with aging dogs.

Avoiding Cervical Disc and Neck Injuries

Cervical disc and neck injuries are often the result of collar strain. Dogs should be trained to walk beside their handler and heel on the leash. However, even the most well-trained dog will occasionally jump forward suddenly, causing the collar to pull tightly against their neck.

As dogs leap forward in excitement, they pull all the slack out of the leash and apply a great deal of pressure from the collar to their neck and cervical area, potentially resulting in an injury to the cervical disc or other neck problems. Symptoms can include a hesitance to move or lower the neck to eat or drink, and crying outbursts when the head or neck area are touched. Occasionally there can also be lameness in a front leg with this type of injury.

For dogs that habitually pull and whose leash behavior isn't able to be improved, a harness, Gentle Leader-type head collar or other similar equipment can help distribute the dog's body weight evenly across the restraint and alleviate the pressure on their neck.

Maintaining an Exercise Regimen

If a dog's leg muscles aren't toned, if its tendons and ligaments aren't stretched and strong, and if its core muscles haven't been worked and can't do a good job holding the frame solidly in place, then a sudden burst of activity, even at home, can lead to injuries.

Depending on the geographical location, it is much easier to keep a dog fit during spring and summer months, but the goal should be to keep them exercised year-round. If harsh winters discourage outdoor activities, consider visiting an indoor dog park; exposing them to hydrotherapy or a warm-water dog pool; enrolling them in indoor agility, track training or nose work (a growing sport that encourages dogs to follow their natural hunting instincts); or taking them out on a cross-country skiing adventure.

Veterinarian Karen Shaw Becker has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their animals.

Barefoot Blessings

BASKING IN THE SOUL OF SUMMER

by Marlaina Donato

Wildflower wisdom teaches us that we, too, can flourish on seemingly impossible terrain despite fierce opposition from those that do not recognize our value.

Summer is a splashy reward after winter wears out its welcome. Spring barely has time to shake blossoms from her hair before we plunge headfirst into summer plans: vacations, barbecues and home improvement. As birds and humans go about their inspired tasks, bees and butterflies dive into their own nectarous agenda. There is no arguing that we all wake up feeling a little bit younger as the days burn longer.

Pulling weeds from the garden, deadheading the zinnias, digging our toes into wet sand and picking up sustenance at the local farmers market bring us back to our primal rhythm. We are more inclined to throw our cares to the wind and lean out of life's open car window on the way to nowhere in particular. We do not need a plane ticket to exotic shores to find our bliss, only curiosity to explore our own backyards and fall in love with our familiar, well-worn lives.

Timed perfectly, each blossom on the wayside and in the fields has its own hour and medicine. Wildflower wisdom teaches us that we, too, can flourish on seemingly impossible terrain despite fierce opposition from those that do not recognize our value. The blessing of birdsong reminds us that our own survival game can be equally as beautiful when we embody our unique soul-note. Getting up a little earlier can lower our risk of depression and give us a front-row seat to the dew-covered world.

June beckons us to light an outdoor fire on the solstice and watch fireflies fall in love in light codes. At full power, the sun represents the sacred masculine and nature's resurrection. We are invited to dance with the Green Man, Europe's ancient symbol of rebirth peering from dappled forests and over church doorways. We are invited to schedule some actual repose into our vacations, even if we just take a holiday at home with a good book under a breezy tree. We are invited to live.

Marlaina Donato is an author, painter and composer. Connect at WildflowerLady.com.

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calendar of events

THURSDAY, JUNE 1

LifeChoices Virtual Discovery Session – 2pm. LifeChoices offers you peace of mind and a plan for your future long-term care needs while providing financial protection so you can continue living your life on your own terms. Free. Register: Registration.ehmss.org/events.

FRIDAY, JUNE 2

Sound + Harp: Sound Bath Meditation – 7-8:30pm. Join Rob Meyer-Kukan and Celia van den Bogert for this special event celebrating the sound of harp and bowls. $50. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. Required register: forms.gle/vQL4MYbb3eiX1ctBA.

SATURDAY, JUNE 3

Lantern Festival – 6-10pm. Includes food, games, activities, vendors, music and the beauty of thousands of lanterns adorned with letters of love, hope and dreams reflected upon the water. Martindale Beach, 4570 Huron River Pkwy, Milford. Tickets: WaterLanternFestival.com.

SUNDAY, JUNE 4

Spring VegFest 2023 – Includes a large selection of local restaurants offering delicious plant-based foods, talks by inspiring and informative speakers, cooking demonstrations, free samples, sustainable shopping and more. Eastern Market, Detroit. More info: 248-867-2155, Olivia@VegMichigan.org or VegMichigan.org.

TUESDAY, JUNE 6

LifeChoices Virtual Discovery Session – 10am. LifeChoices offers you peace of mind and a plan for your future long-term care needs while providing financial protection so you can continue living your life on your own terms. Free. Register: Registration.ehmss.org/events.

THURSDAY, JUNE 8

Walks in the Woods – Also held July 13. With Rhizome Roots Studio. Explore the wonderful world of the woods and wetlands. Hikes range from 1-2 hrs in length, and typically cover 2-5 miles, depending on terrain and travel speed. Free; donate at Venmo @RhizomeRootsStudio. For details and more info: RhizomeRootsStudio@gmail.com or Facebook.com/Rhizomerootsstudio.

SATURDAY, JUNE 10

Ann Arbor Men's Health Run and Walk – 7:30am, registration; 8am, race. Features a 5K, health fair, refreshments, giveaways, T-shirts and medals. Fuller Park, 1407 Fuller Rd, Ann Arbor. AnnArborbna.com/mens-health-walk.

Stewardship Workday: Fuller Park – 1-4pm. Help remove invasive species. Tools and know-how provided. Free. Meet at the Island Park parking lot, at the end of Island Dr, Ann Arbor. Pre-registration required: Tinyurl.com/Fuller061023.

SUNDAY, JUNE 11

Cacao + Sound – 7-9pm. Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus. Experience a heart-opening cacao ceremony supported by sacred sound. Using ceremonial-grade cacao, pure intention, over 40 different instruments. $50/advance. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. Registration required: SacredLotusExperience.com.

TUESDAY, JUNE 13

Sunrise Nature Hike – 8:30-10:30am. Explore the woods, wetlands and prairies with naturalist Elle Bogle on a morning hike while immersing yourself in the sumptuous summer beauty. Independence Lake County Park, 3200 Jennings Rd, Whitmore Lake. Pre-registration required: BogleE@Washtenaw.org. Washtenaw.org.

Ann Arbor Backyard Beekeepers Meeting – 6:30-9pm. Speaker: Ana Heck on Brood Frames. In-person and Zoom. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, JUNE 14

Guided Nature Walk: The Importance of Pollinators – 5:30-6:30pm. Take a walk to learn how plants and animals make the best use of the sun for warmth and growth. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. $3, $2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, JUNE 15

LifeChoices Virtual Discovery Session – 3pm. LifeChoices offers you peace of mind and a plan for your future long-term care needs while providing financial protection so you can continue living your life on your own terms. Free. Register: Registration.ehmss.org/events.

FRIDAY, JUNE 16

Ypsilanti Juneteenth Celebration 2023 – June 16-18. Free. Downtown Ypsilanti. AnnArbor.org.

Sound Bath Meditation – 7-8:15pm. Rob Meyer-Kukan will play metal and crystal singing bowls, with drums, chimes and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. $40. PARC, 650 Church St, Plymouth. 734-927-4090. Registration required: Facebook.com/events/161799843498131.

New Moon Night Hike – 7:30-9pm. Will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit some nocturnal animals to learn about how they survive. $5/person; free/children newborn-23 mos. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. Pre-registration required: DiscoverScienceAndNature.org.

SATURDAY, JUNE 17

Juneteenth Celebration & Community Unity Walk – 10am, walk; 12-6pm, celebration. Details: A2NAACP.org.

Solstice Celebration: Labyrinth Walk – 1-2pm. Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan for a labyrinth walk to celebrate the Solstice. Donation. Webster United Church of Christ, 5484 Webster Church Rd, Dexter. Facebook.com/events/3366124510297805.

WEDNESDAY, JUNE 21

LifeChoices Virtual Discovery Session – 12pm. LifeChoices offers you peace of mind and a plan for your future long-term care needs while providing financial protection so you can continue living your life on your own terms. Free. Register: Registration.ehmss.org/events.

Summer Solstice Mindfulness Hike – 6:30-8pm. Join naturalist Elle Bogle and mindfulness instructor Julie Woodward for an evening meditative hike to connect with the natural world and welcome the summer season. Fox Science Preserve, 2228 Peters Rd, Ann Arbor. Pre-registration required: Washtenaw.org.

FRIDAY, JUNE 23

TGISBF! Sound Bath Friday – 7-8:30pm. With voice, harp, crystal bowls, hand pan. Dress comfortably, bring yoga mat, blankets, pillows. $22-$44 sliding scale. Infinite Light Center. 1805 E Ganson St, Jackson. 734-678-6911. SingingForYourSoul.com.

SATURDAY, JUNE 24

The Journey of Abundance – 2-4:30pm. Sample all the things we love: meditation, chair yoga, breathwork, sound healing, essential oils, reiki and a gallery reading all while relaxing. $33/advance, $44/at door. Infinite Light Center. 1805 E Ganson St, Jackson. 734-678-6911. SingingForYourSoul.com.

SUNDAY, JUNE 25

Stewardship Workday: Barton Nature Area – 1-4pm. Help remove invasive species. Tools and know-how provided. Free. Meet at the Barton Dam parking lot on Huron River Dr, Ann Arbor. Pre-registration required: Tinyurl.com/Barton062523.

TUESDAY, JUNE 27

LifeChoices Virtual Discovery Session – 9:30am. LifeChoices offers you peace of mind and a plan for your future long-term care needs while providing financial protection so you can continue living your life on your own terms. Free. Register: Registration.ehmss.org/events.

Virtual Education Series – 7:30-9pm. The Relationship Between Trauma and Substance Use Disorders with Kristal Reyes. Free. Via Zoom. For link: DawnFarm.org.

WEDNESDAY, JUNE 28

Guided Nature Walk: From Flowers to Fruits – 5:30-6:30pm. Take a walk to learn how plants and animals make the best use of the sun for warmth and

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calendar of events

growth. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Ann Arbor Children's Entrepreneur Market – 5:30-8:30pm. Entrepreneurs from 5-16 can participate in this farmers/craft market. Children can sell anything. It can be handmade, store-bought, food, games or services. Burns Park, 1200 Baldwin Ave, Ann Arbor. Register for a booth: Tinyurl.com/Childrens-Entrepreneur-Market.

FRIDAY, JUNE 30

Fireside Fun – 5:30-7pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

MARK YOUR CALENDAR

TUESDAY, SEPTEMBER 12

Dr. Chi Fingernail and Tongue Analysis Clinics and Seminar – 6-8pm, seminar. Clinics: Sept 11-13, 9am-5pm; Sept 14, 9-11am. Free seminar; $40/clinic. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. To register: 517-333-7270. More info: 800-471-0255.

ongoing events

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Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: CastleRemedies.podia.com.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. TCDesoto@gmail.com.

Summer Package Special: Unlimited Yoga and Pole Training – Thru Aug 27. All welcome. Teach love for self and others and bring a playful awareness to clients. $475. aUM Yoga, 1220 S University, Ste 210, Ann Arbor. 734-707-7419. AumYogaAnnArbor.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

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Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

sundays

Bach Flower Remedies Level 1 LiveWeb – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Sunday Artisan Market – Thru Dec 17. 11am-4pm. Unique local arts and crafts. Meet the artists and support local art. Free parking. Farmers Market Pavilion, 315 Detroit St, Ann Arbor. SundayArtisanMarket.org.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

mondays

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

tuesdays

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

wednesdays

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

thursdays

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Meditation Class – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. $10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

saturdays

Downtown Plymouth Farmers Market – Thru Oct 21. 8am-12:30pm. No market July 8 and Sept 9. 736 Penniman, Forest St, Plymouth. 734-223-7956. Tinyurl.com/2sy94m6m.

Certified Hypnotherapists Education and Networking Meeting –9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

Yoga with Reflexology for Insomnia/Restful Sleep Workshop – Thru Sept 16. 1-2:30pm. 4th Sat. Experience the profoundly synergistic healing benefits of pairing Yoga with Reflexology. Will rotate between modalities with a focus on common issues such as stress/anxiety relief, insomnia and more. $40. Crysterra Wellness, 3173 Baker Rd, Dexter. Registration required: CrysterraWellness.com.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Childbirth-Classes.com.

Drum and Dance Jam – 7:30-9pm. 1st Sat (Apr-Aug). Bring a drum with you or use a drum that is provided. $5 donation requested at the door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. For more info: 734-327-0270, InterfaithSpirit.org or Facebook.com/glattercurtisav1972.

classifieds

HELP WANTED

NATURAL BALANCE WELLNESS / HYPERBARICS MEDICAL CENTER OF ANN ARBOR IS OFFERING A GROUND FLOOR OPPORTUNITY – for an in-home/in-office hyperbarics technician and department manager. Must have the physical ability and manual dexterity to assemble and disassemble portable units, be interested in learning a new skill in high demand, have exceptional people skills and an excellent driving record. Help us define this new position with a go-getter attitude and enjoy an excellent hourly income, profit-sharing opportunities, flexible hours and a potential long-term career with us. Visit NB Hyperbarics.com. Email resume and letter of interest to TBoggess@NBWellness.com.

RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn $35K to $40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

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BurconChiropractic.com
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2-MINUTE AUSTRALIAN FACIALS

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Nutri-Metics is the 2-minute, self-facial. The products nourish your skin with vitamins and minerals always leaving your skin glowing clean. $75 per facial; $320 per 6 product set; $50 per facial with every 1-hour massage. Same day, last minute okay.

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740 W. Industrial Drive, Chelsea
734-897-0550
GreatLakesAppliedPower.com

We are devoted to third-generation ultra-efficient power solutions using the latest technology and advanced product design. Please contact us for more information or for assistance selecting a Power Cell or Solar Power Wagon to fit your needs! *See ad on back cover.*

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ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

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Dr. W. K. Dobracki, DDS
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734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 5.*

CATERING/FOOD

CINNAHOLIC
121 E Liberty, Ann Arbor
734-707-1955
Info@CinnaholicAnnArbor.com
CinnaholicAnnArbor.com

Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 23.*

COACHING & COUNSELING

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419-540-8365
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It's time to begin the journey to your health goals! I provide personalized coaching to help you live a balanced, healthy life, using a gentler, science-based approach to getting you feeling healthy and energized. Contact me today for a free consultation!

DETOX/COLONIC

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Brandy Boehmer, 734-709-8313
2350 Washtenaw Ave, Ste 14, Ann Arbor
InnerSpaceHolistic.com

Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

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PaulaWoods686@gmail.com
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If you believe that food/nutrition is the number one best way to better health, and you really like NOT cooking, give me a call. You won't regret it. Best Food Ever.

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DENTAL GROUP
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1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 16.*

HEALTH AND WELLNESS

CONSTELLATION HEALING ARTS
Michaelene Ruhl, PsyD,
28592 Orchard Lake Rd., Farmington Hills
248-345-3557
ConstellationHealingArts.com

We create intimate, safe and sacred spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others. *See ad page 28.*

CRYSTERRA WELLNESS
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com

Ancient inspirations for modern well-being. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga.

HEALTH FOOD STORES

THE BETTER HEALTH STORES
Locations: Dearborn • Plymouth • Novi • Livonia • Ann Arbor • Sterling Heights • Belleville • Southgate • Shelby Charter Twp • Lansing • Grosse Pointe Woods • Beverly Hills • Bloomfield Twp • Windsor, ON, Canada
TheBetterHealthStore.com

Vitamins, supplements, organic and natural foods. For more information: *See ad page 27.*

HOLISTIC DOCTOR

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads, pages 10 and 14.*

HOLISTIC MENTAL WELLNESS

HARMONY COUNSELING CENTER, PLLC
Christina Herbin, MA, LPC, NCC
Owner/Mental Health Therapist
321 S. Main Street, Ste. 215, Ann Arbor
CHerbin@Harmony2c.com
734-644-6943
Harmony2c.com

Living in peace with our mind, body and spirit is a transformative journey requiring our intentional efforts to maintain this essence. Providing counseling services, workshops and wellness resources to support emotional health and well-being. Connecting with your inner self and nature will support your journey in living a happy, healthy and harmonious life.

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In the Parkway Center
734-973-8990
CastleRemedies.com

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 29.*

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KellyTat@umich.edu
810-522-7419

Dr. Kelly is a highly sought out game changer who recently opened her enrollment for new clients. She specializes in helping women step into their power by replacing low self-worth with self-empowerment.

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LeanIntoYourLife.net

Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

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MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

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ANN ARBOR SMILES DENTAL GROUP
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1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 16.*

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Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

SCHOOL / EDUCATION

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NSHAAssociates@gmail.com
NaturopathicSchoolOfAnnArbor.net

Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is $50/hr.

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734-796-6690
MotherBearSanctuary.com

Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. *See ad page 30.*

NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION
503 East Broadway St, Mt. Pleasant
989-773-1714
Contact@NaturopathicInstitute.info
NaturopathicInstitute.info

NITE
NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION

Educational programs offered: Natural Health Program: four years (one weekend a month); Massage Therapy Program: one year (two weekends a month); Holistic Doula Practitioner Program: six months (one weekend a month). Individual classes available. *See ad page 26.*

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PeacefulDragonSchool.com

Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure.

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855-942-7246
Cereset.com

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Thrive-Wellness-Center.com

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Wellness Center

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Marcelle Pick, OB GYN, NP

Marcelle Pick DROP20 IN 6

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